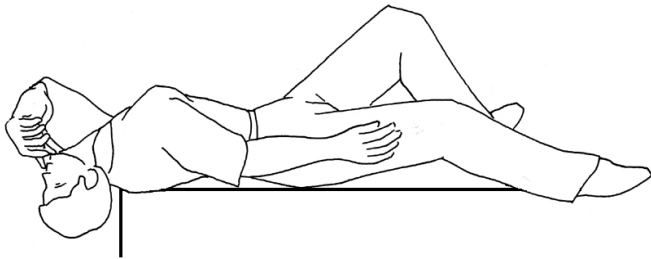


USING NOSE DROPS

Nose Drops should be administered using the correct technique.

Essentially, the nose needs to be upside down for the drops to reach the lining of the nose and opening of the sinuses.



The easiest way to achieve this is to:

- lie on a couch or bed with your shoulders at the end and your head extended over the end of the bed.
- Apply the drops to the nose (it will be easier if someone can administer the drops for you).
- Try to stay in this position for 2 minutes.

Do not apply the nose drops standing up, with your head tipped back; this position is ineffective as the drops do not reach the lining of the nose and sinuses, but simply trickle into the throat and are swallowed.

USING NASAL SPRAYS

A nasal spray should be administered using the correct technique.

Used correctly, a nasal spray will work more effectively with fewer side effects (such as soreness and nosebleeds).



- **First, prime the spray by pumping the spray once in the air.**
- **Hold the spray in the opposite side hand to the nostril sprayed, i.e. right hand to spray left nostril, left hand to spray right nostril (as illustrated).**
- **Stand or sit up straight and tilt the head slightly forward.**
- **Spray the correct number of "puffs" into each nostril.**

DO NOT hold the spray in the same side hand as the nostril sprayed, as this allows the spray to irritate the partition of the nose where delicate blood vessels are situated, leading to soreness and bleeding.